



# Spring/Summer 2014

## Kennedy Shriver Aquatic Center

[www.rmscswimming.com](http://www.rmscswimming.com)

5900 Executive Boulevard, North Bethesda, Maryland 20852 (240) 777-8070

**Spring Only March 31, 2014 – May 23, 2014**

**Spring/Summer March 31, 2014 – August 1, 2014**

(Due to the late MCPS Spring Break, RMSC will take a one week break from April 14<sup>th</sup> – April 20<sup>th</sup>, 2014)

### REGISTRATION INFORMATION

**Newcomers' Evaluation** – Newcomers are swimmers who did not participate in the RMSC-KSAC program Fall/Winter 2013-14, even if they have participated in some other previous season.

**Newcomer evaluation/tryouts: Wednesday, March 26<sup>th</sup>, 2014  
13 & Over 3:30 PM, 9-12 year olds 5:00 PM and 8 & Unders 6:00 PM.**

Parents should be aware that swimmers may be placed in a different group by their coach after evaluation is complete. The registration form for the program should be completed and program fee paid once placement has been verified. New swimmers' registrations for USA Swimming for 2014 are included in the program fee.

**Returning Swimmers** – A returning swimmer is someone who swam with RMSC-KSAC during the Fall/Winter 2013-14 season. They have been registered with USA Swimming for 2014. These swimmers can pre-register for Spring/Summer 2014 program. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov) handed in person at KSAC or mailed to: Kennedy Shriver Aquatic Center, Attn: Christa Krukiel, 5900 Executive Boulevard, N. Bethesda, MD 20852.

**Returning swimmer registration begins Monday, March 3<sup>rd</sup>, 2014  
Registration ends for returning swimmers on Monday, March 24<sup>th</sup>, 2014 in order to secure your spot.**

**Program Fee** – Program fees are payable to MCR by VISA, MasterCard, Check or Cash. Credit Card payments must be made in-person at the swim center. **Non-County residents must add \$15 per swimmer.** This payment includes the United States of America Swimming (USAS) membership fee and PVS meet fees. To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment/payment plans are NOT available.

**All fees must be paid in full by the first day of practice. The final day to withdrawal from the program is 7/1/2014.**

**Questions regarding RMSC @ KSAC** - Please email [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov).

### SPRING/SUMMER PRACTICES

Practices from Memorial Day until the end of the MCPS school year will be the same as the spring schedule, except for Seniors Option A, B & C and the Senior Training Group. After school is out the summer practice schedule begins and will be available at the beginning of June for all groups that swim in the summer. Groups will be using the Bethesda Outdoor Pool along with the Kennedy Shriver Aquatic Center. Please consult with your swimmers coach.

**Do not change your practice group assignment unless instructed to do so by your coach.**

### PRACTICE GROUPS

**Minis** – For 8&Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, flip turns, and starts from the blocks. Emphasis is on orientation to competitive swimming, participation in meets and having a fun experience. **Recommended practice attendance: 2/week**

<u>Spring Only (372369)</u>	<u>\$265</u>
Monday & Wednesday	6:00 – 6:45 PM
Tuesday & Thursday	5:00 – 6:00 PM

**Juniors** – For swimmers ages 9-12 who are skilled in freestyle and who have working knowledge in the four competitive strokes. Emphasis is on competitive stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level. Participation in USAS meets is highly recommended but not required.

**Recommended practice attendance: 2/week**

<u>Spring Only (372370)</u>	<u>\$300</u>
Monday, Wednesday	5:00 – 6:00 PM
Friday	5:15 - 6:15 PM
Sunday	8:45 - 10:00 AM

**Advanced Juniors – Entry by coach’s invitation only.** For swimmers ages 9-12 who have achieved mastery of the four competitive strokes. The focus is on advanced stroke technique and goal setting for championship competition and exposure to endurance training. USAS meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum Practices required: 3/week**

<u>Spring/Summer (372372)</u>			<u>\$705</u>
Tuesday & Thursday	6:00 – 7:30 PM	Friday	6:00 – 7:15 PM
Wednesday	6:15 - 7:30 PM	Sunday	7:00 - 9:00 AM

**National Development Group – Entry by coach’s invitation only.** For swimmers ages 10-13 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and USAS meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

**Minimum practices required: 5/week**

<u>Spring/Summer (372373)</u>			<u>\$825</u>
Mon., Tues., Thurs. & Friday	6:00 - 7:30 PM	Saturday	5:30 - 8:00 AM
Wednesday	4:45 - 6:15 AM	Dryland TX: Tues., Thurs., Friday	5:30 – 6:00 PM

**Seniors –** For swimmers ages 13-18 who have a fundamental swimming background and are looking to improve further. New swimmers should have at least 2 years of summer league or high school swimming experience and have a good knowledge of all four competitive strokes. Participation in USAS meets is highly recommended but not required. Practice times will change from Memorial Day until the end of the MCPS school year. Recommend practice attendance: **3/week**

<u>Option A – (372374)</u>	<u>\$335/\$705</u>
Monday, Wednesday	3:30 – 5:00 PM

**All options also meet at the following times:**

Monday	4:45 – 6:15 AM
Friday	3:30 – 5:00 PM
Sunday	6:00 – 8:00 PM
Dryland Training: Friday 5:15 – 5:45 PM	

<u>Option B – (372375)</u>	<u>\$335/\$705</u>
Tuesday, Thursday	3:30 – 5:00 PM

<u>Option C – (372371)</u>	<u>\$335/\$705</u>
Monday, Wednesday	6:45 – 8:15 PM

**Senior Training Group – Entry by coach’s invitation only.** For experienced swimmers ages 13-15 who are dedicated to improvement in training endurance, stroke technique and advancement to upper level swimming with RMSC. Participation in dryland training and USAS meets is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. Practice times will change from Memorial Day until the end of the MCPS school year.

**Minimum Practices required: 5/week**

**\* Required practice: Sunday morning**

<u>Spring/Summer (372376)</u>			<u>\$770</u>
Monday, Thursday	4:45 – 6:15 AM	Friday	3:45 – 5:15 PM
Monday, Wednesday	6:45 – 8:15 PM	*Sunday	6:00 – 8:00 AM
Dryland Training: Wednesday 6 – 6:45 PM; Sunday 8 – 8:45 AM			

**Advanced Seniors – Entry by coach’s invitation only.** Designed for high school athletes who have a firm commitment to swimming and are looking for continued development in the sport. These swimmers train at a high level and are required to participate in dryland training and USAS meets. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum Practices required: 6/week**

**\*Required practice: Friday morning**

<u>Spring/Summer (372377)</u>		<u>\$825</u>
Monday – Thursday	3:30 - 5:00 PM; dryland 5 – 5:30 PM	
Tues & *Friday	4:45 - 6:15 AM	
Sunday	6:00 - 8:00 AM	

**National Training Group – Entry by coach’s invitation only.** For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and competition in USAS meets which lead to the National level. Swimmers will participate in water and dryland training as part of an overall program to ensure success. Swimmers will be re-evaluated at various times of the season to assure they are maintaining the standards of the group.

**Minimum practices required: 7/week**

<u>Spring/Summer (372378)</u>			<u>\$900</u>
Mon., Wed., Friday	4:45 - 6:30 AM	Wednesday	3:45 - 6:15 PM
Mon., Tues., Thurs. & Friday	3:45 - 6:00 PM	Saturday	5:30 - 8:00 AM
Dryland Training: Monday – Friday 3:00 – 3:45 PM			